



AQUATICS CLASS DESCRIPTIONS

Green Bay Parks, Recreation & Forestry Department



Parent-Child (6 months to 3 years)

Adult accompanies the child in the water. Skills taught: enter & exit water safely, submerge face, explore buoyancy on front & back, change body position in water. This class does not teach child to be water safe, but is an intro to the water environment.

Children who are not toilet-trained are required to wear swim diapers OR diapers worn w/rubber pants. Removing diaper for swimming is not acceptable.

Level 1A (Ages 3 and 4)

No previous experience. Skills: blowing bubbles, bobbing, entering and exiting water, floats, kicks, swimming on front with assistance, safety skills. These students can pass to Level 1B with instructor approval only.

Level 1B (Ages 5 & Up)

No previous experience. Skills: blowing bubbles, bobbing, entering and exiting water, floats, kicks, swimming on front with assistance, safety skills. These students pass to Level 2.

Level 2

Student must have passed Level 1 skills. Skills: submerge and hold breath, floats, glides, kicks, swim on front and back without assistance (5 yards), safety skills.

Level 3

Student must have passed Level 2 skills. Skills: front crawl and backstroke 15 yards, elementary backstroke 15 yards, glides, sitting and kneeling dives, treading water 30 seconds, water safety skills.

Level 4

Student must have passed Level 3 skills. Skills: front and back crawl 25 yards, elementary backstroke, breaststroke and side-stroke with scissor kick, breaststroke 15 yards, rotary breathing, turns, diving, safety skills.

Level 5

Student must have passed Level 4 skills. Skills: front and back crawl 50 yards, elementary backstroke 25 yards, dolphin kick, breaststroke and sidestroke 15 yards, treading water, shallow diving, safety skills.

Level 6

Student must have passed Level 5 skills. Skills: front and back crawl 100 yards, breaststroke and sidestroke 25 yards, butterfly 15 yards, open & flip turns. Tread water & "specialty skills.

Level 7

Student must have passed Level 6 skills. Front crawl 200 yards, back crawl 100 yards, breaststroke and sidestroke 50 yards. Swim 500 yards continuously, rescue skills.

Diving

Springboard diving techniques, including approach and form. Types of surface dives will also be taught.

Adult Lessons

Move at your own pace in this class designed for ages 14 & over. Attention is given to individual skills. Small class size will maximize your learning experience. Class meets twice per week (4 dates for 1 hour). First session is **FREE!**

Adaptive Aquatics (City residents only)

Swim lessons for individuals with special needs, such as hearing & visual impairments, special physical needs & developmentally disabled. Colburn pool only.

YMCA Red Cross conversions:

Pike (3-6 yrs) = 1A

Eel (3-6 yrs) = 1A

Ray (3-6 yrs) = Level 2

Starfish (3-6 yrs) = Level 3

Polliwog (6+ yrs) = Level 1B

Guppy = Level 2

Minnow = Level 3

Fish & Flying Fish = Level 4

Skilled Flying Fish = Level 5

Shark = Level 6